

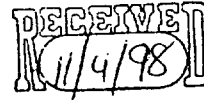


CONTINENTAL VITAMIN COMPANY

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9370 '98 DEC -1 P1:52

October 29, 1998



Office of Special Nutritional (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C. St. S.W.  
Washington, DC 20204

Notice of Descriptive Claim

Text of description claims:

- 1) Natural Herbal Relaxants

Name of dietary ingredient that is the subject of the statements:

- 1) Valerian Root

Brand name of dietary supplement:

Superior Source Instant Release Muscle Helper

I certify that this information presented and contained in this notice is accurate.

William Swan

Continental Vitamin Company, Inc.  
4510 South Boyle Ave.  
Vernon, CA 90058

97S-0162

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